

# NJ-SA Intergroup News

**Latest News from Your Trusted Servants**

## August and the 8<sup>th</sup> Step

August 2010  
Issue 4 VOL.6

*"Made a list of all persons we had harmed and became willing to make amends to them all."* All our work on Steps 1-7 have prepared us for this turning point. In a sense, 1-7 are steps we do for ourselves; to improve our relationship with our Higher Power and begin removing our character defects. Now we have to be ready to heal those caught in the wake of our addiction. Many Fellows have great fear in taking this step, knowing it may require disclosure and exposing our illness to others. Without the help of a sponsor and other Fellows in the program, this fear can cause us to flee, avoiding the confrontation and re-creating the actions of our acting out. It is the knowledge that we will not die by acknowledging our harms, and that the willingness will bring us closer to *the road of happy destiny* we all seek. We cannot do this step alone, but many are around us to lend a helping hand.

### Step 11 Meditation Pointers & Practices

***Watchung Meeting: Tuesday August 10<sup>th</sup> at 7:30 PM***

A special Step Workshop by an SA Fellow and leader in Meditation will address how our founders intended meditation to be used and how it can be easily be done at almost any time by anyone.

### **Manalapan, NJ: New Meeting Started in Monmouth County**

**Tuesday 7:00 PM at The Counseling Network, 710 Tennent Road**

Contact Ken B. for details at 732-666-4321

**HOLD THE DATE: October 23<sup>rd</sup> 2010**

Watch this space for information on the 2010 *Spiritual Day of Renewal* at St. Joseph's Shrine.

This special all-day meeting is open to all SA members but has limited seating. Registration fees, meal information, and other details to be available soon.

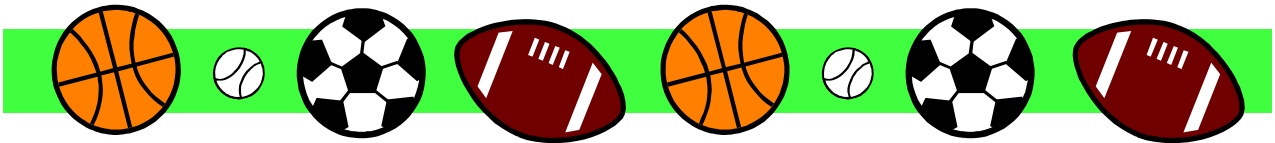


## Intergroup Awards Scholarship to Chicago Meeting

Due to generous donations from many state groups, IGR was able to award a \$160 scholarship to one applicant to attend the Chicago International Conference. Under this new IGR program, any member can request a scholarship through their Intergroup Rep. The scholarship is awarded anonymously by the treasurer. Additional funds have been added to the scholarship fund for upcoming meetings in New Jersey, Pennsylvania, and International Conferences.

## New Meeting List Now Available

An updated meeting list is now available listing all active SA meetings in New Jersey with updated contact names, numbers, and driving directions. See you local IGR representative for copies. The list will also be posted on the SA NJ Web site, but without identifying information.



## IGR Treasurer's Report

We wish to thank the following groups for their generous contributions:

### **Dover \* Beachwood \* Toms River**

IGR made a \$500 donation to SAICO and a \$250 donation to MAR. A \$500 Prudent Reserve was funded for emergency use. \$250 was placed in the Scholarship fund.

A full monthly accounting for all funds is available from any IGR rep and will be provided upon request.

**NEXT IGR MEETING: AUGUST 15<sup>TH</sup> AT 3:00 PM IN CRANFORD.**

## Morris Plains planning Fall Conference for NJ SA Members

**Hold the dates: October 3 or November 7<sup>th</sup>.** Details to be announced in a future issue.

Watchung and Red Bank will be hosting Speaker-Jams in 2011.

IGR has made available a comprehensive Meeting Planners Toolkit for any group that wishes to host their own Marathon meeting. Contact your IGR rep for a copy.

For an up-to-date Phone Meeting schedule, check [www.denversa.org](http://www.denversa.org)

*Please honor the 7<sup>th</sup> Tradition so we can continue to help the addicts both in and outside our rooms.*